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U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON D C

RELEASE FOR PUBLICATION
(WEDNESDAY)
June 6, 1934

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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture.

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:	
:	Every meal -- Milk for children, bread for all.	:
:	:	:
:	Every day --	Two to four times a week --
:	Cereal in porridge or pudding	Tomatoes for all
:	:Potatoes	: Dried beans and peas or peanuts
:	:Tomatoes (or oranges) for children	: Eggs (especially for children)
:	:A green or yellow vegetable	: Lean meat, fish, or poultry, or
:	:A fruit or additional vegetable	: cheese
:	:Milk for all	:
:	:	:

OLD WORLD WAYS WITH CABBAGE

There is one vegetable which should appeal to bargain hunters just now more than usual. It costs actually less than it cost a year ago, and it was then comparatively cheap, we thought. This is old friend cabbage, of such ancient and honorable lineage that it ranks with wheat and rice and beans in the history of the human race.

We eat more cabbage in this country than any other vegetable except potatoes. Certainly we come by the taste very naturally. Our forefathers were cabbage eaters long before they came to America -- for generations back and even beyond the ancient world of Greece and Rome and Egypt. The early settlers of America brought their cabbages with them across the sea -- and we are still planting and eating this transplanted product of the kitchen gardens of Europe.

Which is all very much to the good, says the Bureau of Home Economics of the U. S. Department of Agriculture, for cabbage is one of the best of leafy vegetables as well as one of the cheapest. It supplies minerals and vitamins which we must have, and we need the leafy roughage, too, for good digestion.

There was however, in the light of what we know today, something very wrong about the old-time ways of cooking cabbage. Look over some of the old cook books and you will see. "Steam $1\frac{1}{2}$ hours", "bake for 2 hours", "boil 3 hours", and so on -- such are the directions, over and over again. That explains, probably, why some people do not like cabbage, and many abominate the odor which pervades the house when cabbage is cooked in the old, long-time way. But if you cook cabbage five, ten, or fifteen minutes only, instead of hours, those complaints will be disposed of. Delicate flavor, delicate texture, and no "cabbage odor" at all in the house are the results of short-time cooking. More important still, by short-time cooking you prevent the loss of food value that comes from long cooking of the foods which, like cabbage, are rich in vitamin C.

There is much to be learned, however, from the old-world ways of serving cabbage, even if they did cook it to death. We steam or boil and butter it, we cream it and scallop it, we use it in slaw hot and cold, and in salads. But there are other ways we might copy -- especially from Germany, Scandinavia, Russia, and the Near East. For example:

The Russian dish called tsché is a beef stew with cabbage, onions, leeks, a parsnip, and sour cream. Look at the recipe to see how tempting that is.

There is the German steamed cabbage, which combines deliciously with ham, or any other meat for that matter. This is seasoned first with vinegar, and later with a little sweet cream or top milk. Then there is German fried sauerkraut -- fried in fat in which some onions have been browned. Cooked macaroni is added to this savory dish.

Or there is cabbage with sausage -- the sausages fried and arranged on a hot platter with chopped cabbage which has been cooked for 6 minutes in a little fat. There is cabbage scalloped with bread crumbs and cheese; or cabbage and carrots in a lamb stew; or sweet and sour cabbage (red or white), which is cooked with sour apples and seasoned with brown sugar and vinegar. Or there is filled cabbage, which is the cabbage head with the center taken out and replaced with stuffing, then the whole stuffed cabbage baked in the oven.

In the Near East, and elsewhere in Europe, they make cabbage rolls, which are sometimes called stuffed cabbage, although really each separate leaf is first wilted and then folded around a mixture of chopped meat and bread crumbs, or meat and rice, or maybe rice and raisins. These rolls are then cooked, perhaps in a baking dish with a little water and served with gravy, or perhaps in well-seasoned tomato juice.

Dutch salad, like other raw cabbage dishes, is highly recommended by nutritionists because of the high vitamin value of the cabbage leaves before they are cooked. (Raw cabbage is interchangeable with tomatoes and oranges for its vitamin C content). Dutch salad is shredded cabbage sprinkled with crisp bits of fried bacon or salt pork. Over this pour a dressing of the pork fat, vinegar, salt, pepper, and dry mustard.

Borrowing from Old World recipes for cooking cabbage, and changing the cooking time to correspond with modern principles of vegetable cookery, the Bureau of Home Economics suggests the following somewhat "different" ways of serving this cheapest of the leafy vegetables.

German Steamed Cabbage

2 quarts shredded cabbage
1 teaspoon salt

1/4 cup vinegar
1/4 cup sweet cream or top
milk

Steam the cabbage until just tender (about 15 minutes). Add salt and vinegar and when cool add the cream and serve. Or serve hot if preferred. Sour cream may be used instead of the vinegar and sweet cream.

Filled Cabbage

1 large cabbage	1 large onion, chopped fine
2 cups dry bread crumbs	1 pound ground beef
2 tablespoons bacon or salt-pork drippings	Seasonings (pepper, salt, nutmeg, parsley, sage)

Scoop out the center of the cabbage head, and parboil the shell for about 10 minutes in a cheesecloth bag to keep the leaves in shape for refilling. Chop the center part fine as for slaw. Brown the chopped onion in the bacon or salt pork drippings, add the ground beef, chopped cabbage and breadcrumbs, and stir until heated. Add the seasonings and put the mixture back into the cabbage shell. Bake, uncovered, in a pan or baking dish with a little water until the cabbage is just tender.

The old-world recipes call for 2 eggs in the stuffing, but these may well be omitted. The seasonings, of course, may be varied according to taste.

Belgian Red Cabbage

2 sticks cinnamon	5 or 6 firm, tart apples peeled and cut in quarters
Salt and pepper	1 medium-sized red cabbage, sliced thin
1/2 teaspoon cloves	2 tablespoons vinegar
1 onion, sliced thin	2 tablespoons sugar
1 bay leaf	
2 cups water	
3 tablespoons pork drippings	

Put the seasonings in the water, add the apples and then the cabbage. Cook until just tender, add the vinegar and sugar. Cook about one minute more. The appearance of this dish is better when hard winter apples are used. Summer apples, as a rule, cook up too much.

Tsché (Russian)

2 pounds beef brisket cut in small cubes	2 leeks, sliced
3 pints water	1 parsnip, sliced
1 medium-sized cabbage, chopped	1 tablespoon flour
2 onions, sliced	1/4 cup sour cream
	Salt and pepper

Cook the meat in the 3 pints of water until it is almost done, then add the vegetables and cook until all are tender. Mix the sour cream and the flour, add some of the hot liquid and stir until smooth, then add to the stew. Season to taste and serve hot. Small pan cakes (buckwheat preferred) are often served with tsché.

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WASHINGTON D C

RELEASE FOR PUBLICATION
June 13, 1934 (WEDNESDAY)

THE MARKET BASKET

Bureau of Home Economics, U. S. Department of Agriculture.

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

Every day --

Two to four times a week --

Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
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A green or yellow vegetable	Lean meat, fish, or poultry, or
A fruit or additional vegetable	cheese
Milk for all	

MAINSTAYS OF THE LOW-COST GERMAN-AMERICAN TABLE

Everywhere in the world, it seems, "energy foods" are the cheapest kinds.

In terms of the family market basket, that means you get more pounds of quarts or bushels of corn or wheat or rice or other breadstuffs for your money than you can get of any other kinds of food. Fats and sugars, with concentrated energy value, are also cheap. Calories, by which you measure energy value are comparatively inexpensive.

But man does not live by bread alone or by any other single food or by calories. He needs the foods that will meet his requirements for protein and minerals and vitamins as well as for starch and fat -- building foods and "protective" foods, such as milk and eggs and fruits and vegetables and lean meats and fish.

The upshot of the matter, then, says the Bureau of Home Economics of the U. S. Department of Agriculture, is that proteins and minerals and vitamins as a rule come high. In whatever part of the world you live, if you have to count the cost of your food, you have the problem of getting enough milk and eggs and fruits and vegetables and lean meats or fish to balance the breadstuffs and lard and sugar of which you can buy more pounds for your money.

The answer to this problem is different in different regions. The answer depends, of course, on the crops, on transportation, and on the markets. In Europe -- northern Europe especially, and still more especially in Germany, the people depend very heavily on potatoes and cabbage, in addition to breads of many kinds, fish, and meat. Germany now produces all the necessary kinds of food for the best of diets -- but two hundred years ago she began to cultivate the potato as a famine-preventive crop. Now she has outstripped the world in potato production, has passed even America from which the potato was transplanted to Europe centuries ago. Its starch makes the potato valuable as an energy food and, because it is cheap enough to be eaten in quantity, its mineral and vitamin values are important, too.

As for cabbage, that is a staple of the old world. We have borrowed sauerkraut from the Germans, name and all. Cabbage, because of its vitamin C especially, and because of its cheapness, is the German mainstay of its kind. In the United States tomatoes and cabbage serve the same purpose in low-cost diets, but tomatoes are less commonly used in Germany than in the United States or in Italy.

Salsify, celeriac, and kohlrabi are favorite German vegetables, along with turnips, carrots, parsnips, beets, spinach, kale, cauliflower, brussels sprouts, beans, peas, onions, cucumbers, lettuce, and all the rest that are more common. Celeriac, or root-celery, of which only the turnip-like root is used, is much more

common in the old world than in the United States. We are more familiar with salsify and kohlrabi. Salsify, by the way, or oyster plant, or vegetable oyster -- it is called by all these names -- is an excellent source of iron, better than cabbage or cauliflower or brussels sprouts. It ranks with the other roots for vitamins. Kohlrabi, a member of the cabbage family, has a turnip-shaped "root" or enlarged stem just above ground, which is much liked when young and tender. It is peeled, sliced, and cooked -- sometimes in meat stock, sometimes in water -- and served in a cream sauce. For iron and vitamins, however, kohlrabi is not as good a source as cabbage or brussels sprouts or kale, nor as the other cabbage relative, collards, so common in our Southern States.

The German table has its characteristic meats, its "sours" and "sweet-and-sour" vegetables, its cheese, its fruit compotes, its many kinds of breads and cakes and pastries. Schmierkase, which is cottage cheese to us, is but one of various homemade German cheeses, which are important because they supply milk values that may otherwise be lacking, and in any low-cost diet are particularly needed.

The Bureau of Home Economics has borrowed and adapted the following recipes from German-American sources:

RECIPES

Sauerbraten with Gingersnap Gravy

Cover 3 or 4 pounds of pot roast of beef with equal parts of vinegar and water. Add a few bay leaves, a dozen whole cloves, a spoonful of whole black peppers, and a peeled onion. Let the meat stand in the vinegar for two or three days, turning it several times so that it will pickle evenly. Remove the meat from the liquid and brown it in hot fat in a heavy kettle. Add a cup of the pickling liquid or water, cover the kettle, and simmer the meat for about 2 hours, or until it is tender. Remove the meat to a hot platter, and strain the liquid.

For the gravy allow 1-1/2 tablespoons flour to each cup of liquid. Mix the flour to a paste with cold water, stir it into the hot liquid, and add 3 or 4 gingersnaps broken into small pieces. Cook the gravy until it thickens.

German Liver Dumplings

1/2 pound liver	1/2 cup bread crumbs
3 medium-sized onions	Salt
3 eggs	Pepper
Flour	Meat broth

Chop the liver and fry the onions. Mix all the ingredients, stirring in flour enough to stiffen the mixture. Make balls half as large as an egg, boil in meat broth until well done.

Potato Pancakes

6 medium-sized potatoes	2 tablespoons fine dry bread crumbs
2 eggs	1 teaspoon salt

Grate the pared potatoes, add the well-beaten egg yolks, crumbs, and salt. Fold in the stiffly beaten whites of eggs. Drop by spoonfuls into hot fat in a frying pan. Brown on both sides.

Green Beans with Milk

1-1/2 pounds green beans, cut or broken in short pieces	Other fresh herbs
2 tablespoons butter	1/2 teaspoon concentrated meat extract, or a bouillon cube
2 cups milk	A pinch of nutmeg
1 or 2 tablespoons flour	
1 tablespoon chopped parsley	

Cook the beans in salted water until tender. Brown the butter and flour slightly, stir in the milk and meat flavoring, add the seasonings, then the beans, bring to a boil, and serve.

German Potato Salad

Boil the potatoes in their skins. When cold peel and slice fine. Sprinkle with crisp bits of fried bacon. Make a dressing of 1 tablespoon of flour, 1/2 cup vinegar, 1/2 cup water, a little bacon grease, salt and pepper to taste. Pour this over the potatoes. Add, if desired, onions, or celery and sliced cucumbers.



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RAW SALADS -- AND WHY

About 20 or 30 years ago nutrition specialists became convinced that people in this country were not eating enough raw vegetables--especially green ones--and not enough fruits. They began recommending raw salads. Housewives responded. Recall, if you can, how few raw salads you saw in those days. Wasn't cold slaw about the only one?

Now, it is quite the normal thing to have a raw salad at lunch or dinner or supper. If you doubt, look at the market figures that show how much more of the salad vegetables we use than we did in the early years of this century. This fact is important because in raw vegetables and fruits you get certain food values that are often lost in cooking.

Nutrition specialists are very much pleased at the headway the raw green



foods have made in popular flavor. So are, or should be, the housekeepers who would otherwise have to spend hours in a hot kitchen in hot weather, over a hot stove cooking the vegetables that are now often eaten raw. Summer salads especially, says the Bureau of Home Economics of the U. S. Department of Agriculture, can so easily be raw salads.

Furthermore, the bureau reminds us, you can build the meal around the salad--especially lunch or supper. And you cannot do better than start with the cheapest of the everyday leafy vegetables which we commonly eat raw, anyway. That is cabbage, which continues to be cheap because of the heavy shipments from the Carolinas and the Gulf Coast. Just now new summer cabbage is on the market, and this is greener, therefore richer in vitamins and iron than the white winter cabbage. How much of a meal can be put into a raw salad. And what else do we need, from the standpoint of food value?

This amounts to building backward, as it were, for we usually look out for calories first, beginning with bread and meat and potatoes, and adding minerals and vitamins as we go along. But this time we begin with vitamins and add the more filling part of the meal. The main dish of this cheap, hot-weather meal is the salad--and you may be surprised to find how much food value can be put on the salad plate.

To begin with one of the prettiest salads you can think of, put one or two green curling leaves of new cabbage on a plate, and fill them with a mixture of chopped cabbage and carrots, alongside a serving of cottage cheese with chopped peanuts mixed in. The cabbage and carrots give you vitamins A, B, and C, and you get iron also from the green leaves of the cabbage. The cheese furnishes protein and calcium, and the peanuts furnish protein and fat. In an egg dressing you get still more vitamins and protein and fat; in French dressing, chiefly fat. Bread and butter and a glass of milk will finish out your meal--or you might add a meat sandwich for still further satisfaction, or finish off with cookies, tarts, or cup

cakes for more starch and fat and sugar, and therefore more calories.

We make a sort of formula then: Raw vegetable or fruits in the salads, meat, eggs, cheese, or nuts in sandwiches or on the salad plate, milk and cakes to fill out the meal.

To ring the changes on raw salads that give good vitamin value, we have such combinations as these:

Cabbage, shredded, chopped carrots, sprinkled with crisp bits of salt pork or bacon.

Cabbage or lettuce leaves, sliced turnips, and onions.

Cucumbers, sliced, with sliced green peppers, and a red radish for color.

Green peppers stuffed with cheese, or with chopped meat, or canned salmon.

Green peppers filled with chopped cabbage, green peppers, and fish or meat.

Green peppers, shredded, with chopped cabbage and diced apples.

Raw spinach leaves, seasoned with chopped chives, onion or mint.

Bananas with salted peanuts or with dates, or both.

Apples, diced with salted peanuts.

Sour apples and onion, sliced.

Onions and carrots, sliced.

Cantaloupe or watermelon cubes or balls, on lettuce.

Tomatoes stuffed with meat or fish or cheese.

Tomatoes sliced on shredded cabbage, with cheese.

And for salad dressings, here are some of the cheaper possibilities:

French Dressing

Rub the inside of a small bowl with onion or garlic. Mix salt and pepper or paprika--a pinch of each--add 3 tablespoons of oil and 1 tablespoon of vinegar, beat until it thickens.

Boiled Dressing, without Eggs

Bring to a boil 1 cup vinegar, diluted to taste, and 1 tablespoon each of butter and sugar, with salt and pepper to season. Cool, add 2 tablespoons thick sour cream.

Boiled Dressing with Eggs

2 teaspoons salt	1/4 cup sugar
1/4 teaspoon mustard	1 pint milk
1/8 teaspoon white pepper	2 eggs
1/4 teaspoon paprika	3/4 cup vinegar
6 tablespoons flour	1/4 cup butter or other fat

Sift the dry ingredients together to mix them thoroughly, add the milk and stir until well blended; then cook in a double boiler until thickened. Cover and cook 10 minutes longer. Beat the eggs until very light and add gradually some of the hot mixture to the egg. Then combine and cook the whole mixture a few minutes longer. Add the vinegar slowly, stir and continue to cook until fairly thick; then add the butter or other fat.

Egg and Vinegar Dressing

Rub the yolks of 2 hard-cooked eggs to a smooth paste, season with salt, pepper, cayenne, and mustard. Add 1 cup hot vinegar, stir until well mixed, and set aside to cool. After cooling, and just before serving, add the finely chopped whites of the eggs.

Curry Dressing

Rub to a smooth paste the yolks of 2 hard-cooked eggs and half a cup of oil, 2 tablespoons vinegar (tarragon preferred) and a pinch of curry powder. Salt to taste.

Bacon Dressing

Use 1/4 cup of fresh drippings from carefully fried bacon to 1 tablespoon vinegar. When the drippings are cool but still liquid, beat in the vinegar. Add salt if needed, other seasonings to taste.

Mayonnaise Dressing

1 egg yolk	Paprika to taste
2 tablespoons vinegar or lemon juice	1 or 2 drops tabasco sauce
1/2 teaspoon sugar	3/4 to 1 cup salad oil
1/2 teaspoon salt	

Mix the seasonings with 1 tablespoon vinegar or lemon juice, add the yolk of egg, and beat slightly. Then begin adding oil, a teaspoon or two at a time, beating thoroughly each time. When enough oil has been added to make the mixture thick, add the remaining acid, and gradually beat in the rest of the oil.

Other Seasonings for Salad Dressings

Catsup, creole sauce, celery salt, cheese, chives, chutney, chili sauce, horseradish, Worcestershire sauce, mint, parsley, thyme, sage, tarragon leaves, chopped olives, dill pickles.

